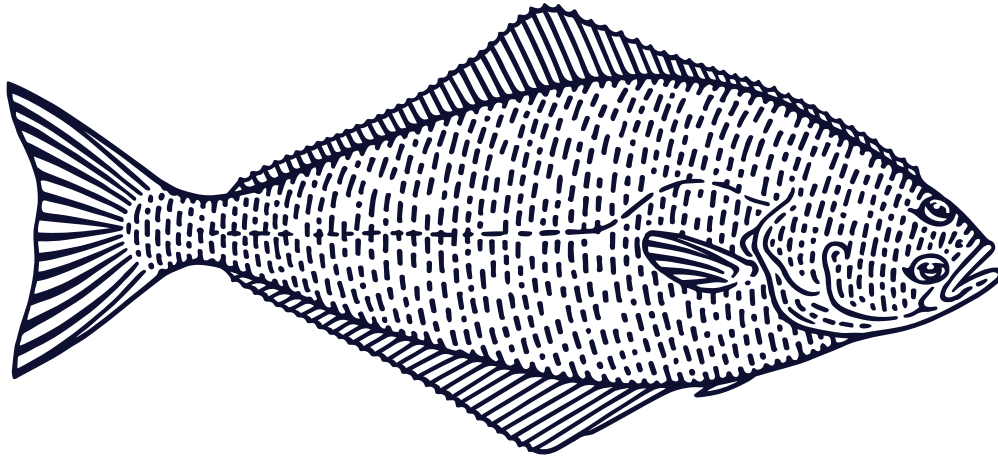




# SUPERIOR

## CATCH OF THE WEEK



# ALASKA HALIBUT

*Hippoglossus stenolepis*

**Description:** Alaska (Pacific) halibut is the largest species of flatfish. They can weigh up to 500 lbs. and grow to more than 8 feet long.

**Habitat:** They live in shallow, near-shore waters but they move to deeper waters as they age. They migrate from shallow waters for feeding during the summer to deeper waters in the winter for spawning.

**Harvesting:** Harvested from the nutrient-rich waters surrounding Sitka, Alaska, Pacific halibut are caught in productive fishing grounds within Sitka Sound and near Kruzof and Biorka islands. The peak harvest season runs from mid-May through September, when ocean and weather conditions are most favorable. The Sitka Sound Local Area Management Plan (LAMP) helps protect halibut stocks and preserve access for personal-use fishers by limiting commercial and charter fishing in designated waters.

### Nutritionals:

- Good source of Omega-3 source
- Vitamins including D, and several B vitamins
- High in Phosphorus
- Rich in selenium (antioxidant for heart and immune health)

### Texture & Flavor Profile:

- Mild, sweet taste
- Flaky texture
- Rich white meat with a relatively low number of bones

**Recommended Cooking Methods:** Grilling, baking, broiling, pan-searing, deep-frying.



# SUPERIOR

## FEATURED PRODUCT

### ALASKA HALIBUT FILLETS

*Wild-Caught, Fresh, Hand-Cut  
Product of the USA (Sitka, AK)*

**#59270** 1/10 lb.

*Contact your Superior sales representative for more  
information and for availability.*

## MENU INSPIRATIONS



Recipe & Photo from: [www.bonappetit.com](http://www.bonappetit.com)

### PAN-ROASTED HALIBUT

with herbed corona beans

*Pairs well with an herbaceous Sauvignon Blanc*



Recipe & Photo from: [www.bonappetit.com](http://www.bonappetit.com)

### GRILLED HALIBUT

with tomatoes, hearts of palm, and basil

*Pairs well with a clean, light Pinot Grigio*